

Market News

The Tribune Institute

Anne Lewis Pierce—Director

Good Cookery



A Kitchen Wherein the Cow Jumps O'er the Moon—The Kindergarten Idea

A Mother of Three Uses a Pot of Lamp Black and Much Imagination With Happy Results

By Frances Duncan

IN PLANNING my kitchen I was sure that one or rather three disturbing elements never included in a "well-planned" kitchen would be surely present—my three children.

Now children are a misfit in the kitchen. If they are allowed in it much when there is a maid, the maid leaves. They hinder work, and unless they are most exemplary little folk they cause disorder. But when the mother is cook, housemaid and nursemaid combined, and when children are "going on" in the kitchen, will they stay in the best appointed playroom? Not unless they are paragons. Mine are not.

Where Absent Treatment Fails

Besides the children's preference, any mother who has them at a safe distance from her work in the kitchen works with one ear cocked for sounds from the nursery. Perhaps at a critical moment in cake making—

Bang! Then a wail. "Heavens!" you exclaim, "Margery has fallen off the rocking horse!"

A speedy visit to the scene of grief; consolation administered. Then a return to the cake making. Presently two screeches in different keys.

John (six) is doing something to Duncan (five) is the experienced maternal conclusion. But what?

Another hasty trip, and that conflict adjusted.

Peace and a return to cake making.

This sort of thing is disastrous both to cookery and to peace of mind. Very little folk need oversight. If there isn't a competent nurse then it's the mother's job. A little oversight saves no end of collisions, both physical and temperamental. Wherefore, on facing another winter in the old farmhouse when the housework, all of it, would be "up to me," I determined to make more convenient arrangement both for myself and the children.

"I have the children, and I have the housekeeping," I said to myself, "this winter. Instead of looking after the house first, with the children as a side line, I'll see if I can't combine more intelligently. Since I have the care of them I'll have them under my eye. If I have to be in the kitchen, then they can be there; but I'll have a place for them, exactly as I have for sink and stove and pots and pans."

More Children Than Corners
Some years before, in the kitchen of our New York flat, I made a "kindergarten corner" for my baby which had proved of immense service.

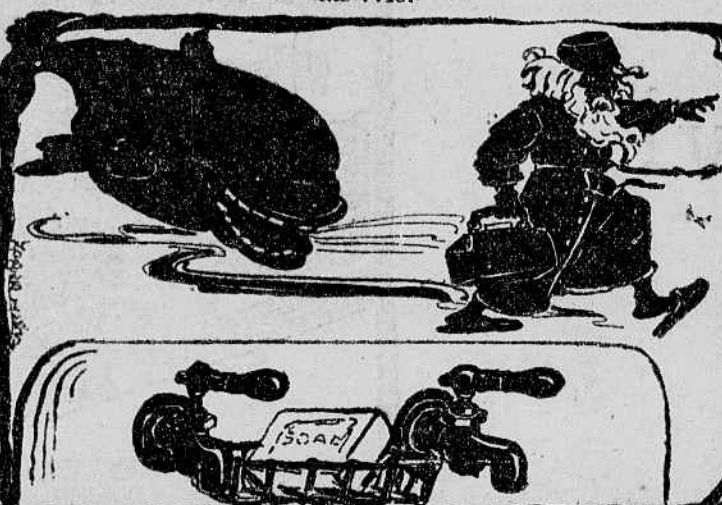
But I had more children now than would fit into any corner or tiny alcove or conveniently into a New York flat, so I made a kindergarten kitchen on the farm.

Now my kitchen in the old farmhouse was already a fairly cheerful looking place. It has two south windows and one looking east. The



From Mother Goose to the Scriptures, the choice for kindergarten kitchen decorations is without limit. Particularly touching are the two infant giraffes weeping on the shore because Pa and Ma have been invited into the Ark, and "no children allowed" is the sign hung out by Noah.

Jonah's hasty departure for Nineveh is humorous withal (the lost slipper is pathetic, we think, and the whale's smile malicious) and it might serve as a daily reminder to the commuter who must catch the 7:45.

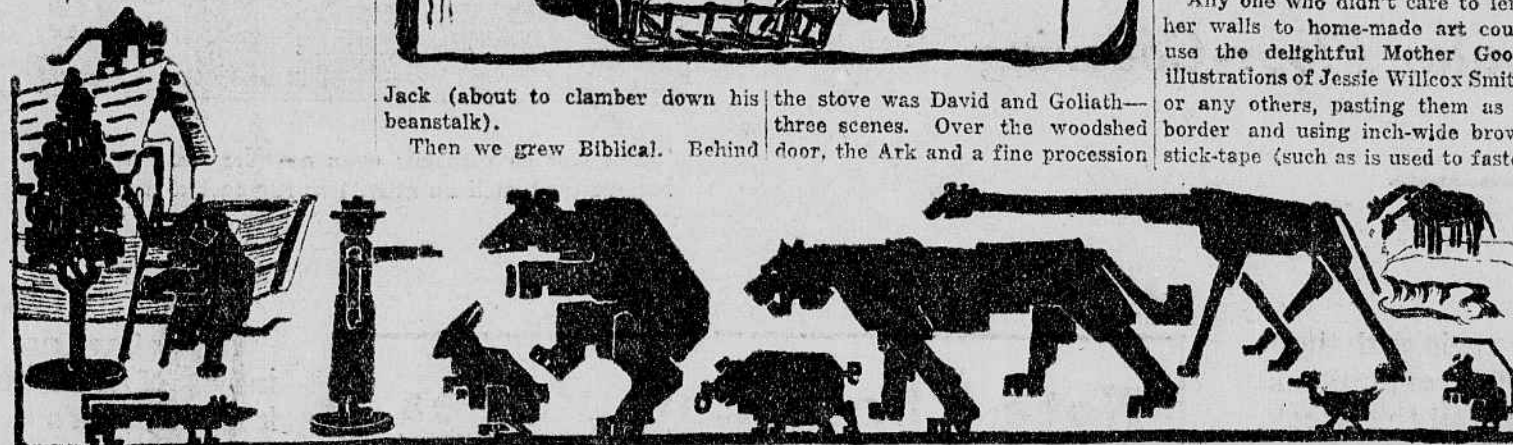


Jack (about to clamber down his beanstalk). Behind the stove was David and Goliath—three scenes. Over the woodshed door, the Ark and a fine procession

on animals being welcomed by Noah; two baby giraffes, left behind, weep on the shore. Did you ever reflect that the Ark was the first apartment house to rule out children?

Over the sink Jonah and his pet whale appear in two reels—Jonah cast overboard and Jonah alighting from his uncomfortable conveyance. These are crude, of course, but a package of "Muresco" is ready on an upper shelf to cover them over and obliterate our early art whenever we wish to return to the conventional—or to make other decorations.

Any one who didn't care to lend her walls to home-made art could use the delightful Mother Goose illustrations of Jessie Wilcox Smith, or any others, pasting them as a border and using inch-wide brown stick-tape (such as is used to fasten



Housekeeper, Nurse and Cook in One Is Easy When Jonah and the Whale Preside Over the Sink

parcels) to divide picture from picture and give the effect of a frame. Many magazine covers lend themselves to this use, and children are sure to like the pictures of animals from farming periodicals.

A Play Shelf

Then I made a "play shelf." Some kitchens might not have room for so long a one as mine, but if the children have to be in the kitchen even the smallest one is appreciated. This play shelf is set at a convenient height for the children to reach standing; also they can sit at it. It is simply a wide board, fastened shelf-fashion against the wall at a height of twenty inches. On its outer edge is a thin strip of wood, ten inches deep, so that we may use sand without spilling it on the floor.

Here the children may build blocks, run trains, play in the sand or sit and model or cut out and paste, and it's perfectly easy, whatever one is doing, for mother to give a little appreciation, or the tiniest bit of aid if things go wrong. The best of the play shelf is that the child's material isn't in the way. There need not be at lunch time the mandate, so desolating to a child engrossed in his play, "Come, clear away your things! I can't have all this over the floor!" It can stay until bedtime and be admired when Daddy comes home.

Over the play shelf, about four and a half feet from the floor, I have another narrower shelf. Here are set rather decorative toys, horses, wagons, a Noah's Ark and the like—that they may be enjoyed, though not in use.

Besides the sand, which occupies one end of the play shelf, scissors and paste are available, though I find a roll of stick-tape far more convenient than the latter. It is excellent for repairing broken paper dolls, for making standards for them for attaching pictures to the walls, for constructing paper of pasteboard houses and for clapping and shingling these; and it is far easier for little fingers to manage than paste and paper.

The Phonograph as Mother's Helper

Besides this play apparatus we have in our kitchen a phonograph, which I consider an invaluable mother's helper. The phonograph is usually sung as a parlor ornament, the inspiration of dancing parties, a part of the evening relaxation. I would like to sing its humbler uses, for it is as valuable to the busy housewife as the Ford to the farmer, who would have no time for a Rolls-Royce. Have one the children can operate, and when the atmosphere is cloudy outside or equally within turn on the appropriate record. It is an almost unfailing resource.

Sometimes I wonder what the old house thinks of that frivolously joyful kitchen; what its previous mistresses would have said to such irreverent "goings on"—those hard-working, conscience-bound New England farmer wives who for 150 years past lived on this hill, or more exactly, I daresay, lived in the kitchen. I have a notion that the old house doesn't mind, but feels instead rather "chirked up." And whatever its mistresses would have thought of mixing kindergarten and kitchen work, I'm sure they'd have loved the phonograph.

"Eating to Live or Living to Eat"—Nutritive Versus Luxurious Foods

By Virginia Carter Lee

THE subject for the menus for the coming week—namely, "Do You Live to Eat or Eat to Live?" means exactly what it says, and it is up to you whether you are pampering yourself with all kinds of delicacies and making your gastronomic feats the principal events of the day, or whether you are eating good, nutritious food that will perfectly nourish your body and keep it in good working condition.

Now we all know that some of the pleasantest hours of our lives are spent at the table—kindliness and sociability flourish there if anywhere, and a perfectly cooked and served meal appeals to every one. It need not, however, be an extravagant menu to be enjoyable, and in the six menus for the ensuing week this has been demonstrated.

Three days of "luxury menus" are suggested, and three days of "plain home fare." The latter have been most carefully planned, with due regard for a well balanced diet, the use of reasonable and attractive foods and the practice of economy. In the luxury menu economy has not been considered, and as the food is richer smaller portions will be required. It will prove interesting to the home caterer to compare the different individual budgets and see the sum that it will cost to feed the family without "frills" and extras, and then what may be expended on more elaborate menus.

Of course, the clever housekeeper will readily see that a happy combination is possible by interchanging some of the courses from the luxury menus with those of the plainer meals, thus striking a good balance, where strict economy does not need to be studied although the less expensive menus are very good eating,

when properly cooked and served piping hot.

Pear and Grape Cocktails

In preparing the pear and grape cocktails, use for an individual rule half a chilled Bartlett pear cut in dice, eight Tokay grapes peeled, pitted and cut in halves, four or five drops of lemon juice, half a teaspoonful of powdered sugar and four tablespoonfuls of grape juice. Mix well, chill on the ice and serve in cocktail glasses, garnished with a drained maraschino cherry.

Apricot Parfait

To make the apricot parfait, the following recipe from Vienna may be used. Boil together, until it threads, one cupful of granulated sugar and a scant half cupful of boiling water. Have ready the beaten yolks of four eggs, pour on them the boiling syrup and return to the upper part of the double boiler. Add a few grains of salt and cook over hot water until quite thick (do not boil). Remove from the fire, chill, and fold in two cupfuls of double cream, whipped solid, one cupful of thick, cooked apricot puree and the juice of half a lemon. Whip until very light, turn into a can with a water-tight cover, and bury in ice and rock salt for four hours before serving.

Celery and Caviar

Celery with caviar furnishes a delicious appetizer. Cut the vegetable in short lengths, curl the ends and crisp in ice water. Drain, wipe dry and fill the grooves of the celery with caviar, blended with chopped soft egg, a bit of minced pimento and mayonnaise to moisten. Arrange as an individual portion two of the pieces of celery laid on a crisp lettuce leaf and garnish with two radishes cut in the form of rosebuds.

Baked Almond Pudding

The baked almond pudding will be

Quality and Perfect Preparation of Simple, Wholesome Raw Materials May Mean More Than the Last Word in Combinations of Costly Foods

When Is Food "Luxurious"?

FIRST off, one must define his terms. "Luxury" in foods may be due to complicated mixtures and seasonings; rare combinations of expensive foods, or it may represent the last word in quality and perfect cooking of simple, wholesome raw materials.

For instance, perfectly fresh eggs, made into a soft scramble with cream, cooked over hot water like custard, seasoned with freshly ground pepper and salt, may be a luxury—indeed it is, so seldom is it met. And nothing could be simpler.

The real epicure recognizes artistry in simple foods well cooked. The perfect piece of feathery gingerbread hot from the oven, well buttered, is more "melting" than the most elaborate layer cake; the golden, fragrant, mellow, full-bodied cup of coffee (as compared with the thin, bitter brew mostly offered)—we know of no greater luxury—but it should be every-day food. And with it the fresh, hot, flaky Parker House roll, well buttered. Quality? Yes. Luxury? No. But soggy bread and bitter coffee with hard, tasteless, scrambled eggs may cost just as much as delectable food, traveling under the same name.

Our idea of real "luxury" foods covers expensive fillets of beef, marrows, fish and fruit out of season which have traveled far, broiling chickens tenderly raised, caviar, pate-de-foie gras and truffles. These are rare, cost much to produce and give pleasure, but little or no strength and savor to the eater.

The clever housekeeper will transfer the wholesome, cheaper foods to the luxury class by careful cookery and skillful seasoning. That is the last word in professional housekeeping.

A. L. P.

The Simple Meals

Coming down to the "home fare" or plainer menus, the meat used for making the hearty broth in the first day's menus should be saved and turned into a dish of tasty croquettes for the following day. They are in reality "soup meat croquettes," but they are such good eating when combined with the rice and a good sauce that no one will dream of their plebeian origin.

Remember also in serving simple meals that the cooking must be

above reproach and the attractive way in which they are served will go far in making them popular.

If economy must be closely studied make your breads from the whole grains and buy good butter and milk. The cheaper grades of fish and meat can be utilized without detracting in the least from the correct food value of the menus, provided the portions are sufficient in quantity. But poor white bread, inferior butter and a poor grade of milk have no place in any home menu, no matter how closely one must economize.

Custard Baked Apples

To prepare the baked custard apples peel and core the fruit and cook in a sugar syrup flavored with cinnamon until almost tender. Then drain out the apples, arrange in a buttered baking dish and pour over a custard mixture to well cover the fruit. Dust with grated nutmeg, set the dish in a pan of hot water and bake in a moderate oven until the custard is set. Serve either lukewarm or icy cold.

Veal Soup

The veal soup for the third day is made from the stock in which the veal was cooked for the previous day's pie. Cool, remove the

fat and simmer slowly, adding a sliced onion stuck with two cloves, a bay leaf, salt and paprika to taste, one minced green pepper (freed from seeds) and four peeled tomatoes cut in bits. When the vegetables are tender take out the bay leaf, thicken by the addition of a tablespoonful of flour blended with two tablespoonfuls of melted butter, and when the soup boils stir in two tablespoonfuls of chopped parsley.

In making the frozen custard prepare a thick boiled custard, having it well sweetened and strongly flavored with vanilla extract. Chill on the ice, and for a pint of the cooked custard stir in a quarter pint of stiffly whipped cream. This cream will be smoother if the custard is sweetened with honey instead of sugar and a teaspoonful of cornstarch added before the eggs and sugar. If cornstarch is used cook it with the milk over hot water, stirring frequently for ten minutes, then add the eggs and sugar and cook for a couple of minutes longer.

Scallops a la Newburg

Heat two cupfuls of scallops in the upper part of the double boiler until well scalded, then drain. Mash the yolks of two hard-boiled eggs

and mix with one rounding tablespoonful of flour and a tablespoonful and a half of melted butter. Then add gradually one cupful of thin cream and cook over hot water, stirring constantly, until the sauce is thickened. Add half a teaspoonful of salt, a quarter of a teaspoonful of paprika, a few grains of nutmeg, one tablespoonful of chopped parsley and a teaspoonful of Worcestershire sauce. Mix in the drained scallops and add a tablespoonful of grated cheese. Serve as soon as the cheese is melted.

Grape Juice Nectar

Crush one and a half pounds of Concord grapes and add two whole cloves, half a cupful of sugar, the juice of two oranges and one lemon, an inch piece of stick cinnamon and a dried yellow rind of half an orange. Bring all to the boiling point, cool and let chill on the ice. When ready to make the beverage press through a sieve and add a cupful of cold tea, the stiffly whipped whites of two eggs, three cupfuls of unfrozen grape juice and a pint of chilled Apollinaris water. Turn into a tall pitcher a quarter filled with shaved ice and serve.

Chocolate Rice Pudding

Add a quarter of a cupful of washed rice to one quart of cold water and stir constantly over a quick fire until boiling. Boil for two minutes, drain, rinse in cold water and drain again. Return the rice to the upper part of the double boiler, with two cupfuls of hot milk, half a teaspoonful of salt and half a cupful of chopped seeded raisins.

Cook until the rice is tender and add one tablespoonful of butter, one-third of a cupful of sugar, one square of shaved unsweetened chocolate melted over hot water and two beaten egg yolks, blended with a cupful of milk.

Flavor with half a teaspoonful of vanilla extract, cook for a moment to set the egg, and turn into a buttered baking dish. Cover the top with a meringue made from the stiffly whipped egg whites and a tablespoonful and a half of sugar and set in a moderate oven for the meringue to brown over. Serve cold.

Mexican Ice Cream

Prepare a pint of rich boiled custard from a pint of milk, a few grains of salt and four eggs, beaten with four tablespoonfuls of sugar. Flavor with half a teaspoonful of vanilla extract and two tablespoonfuls of maraschino cordial. Cool, chill on the ice and fold in half a pint of chilled double cream, whipped solid. Turn into the freezer, freeze slowly, and when the cream begins to congeal, add half a cupful of chopped maraschino cherries and half a cupful of the following mixture: Caramelize half a cupful of sugar and add two-thirds of a cupful of chopped pecan meats. Stir for a moment and turn into a buttered shallow tin. Cool and roll to a powder. Continue to freeze the cream until firm and smooth and serve with sweetened whipped cream, flavored with strained coffee.

Lamb and Rice Croquettes

When eating these delicious croquettes it is hard to believe that they are made from the soup meat used in the Scotch broth for the previous day's luncheon. Mix together one cupful each of cooked rice and finely chopped mutton. Season lightly with salt and paprika and blend with

three-quarters of a cupful of thick cream sauce, made with a stock foundation. Stir all over hot water and add half a teaspoonful of onion juice, one tablespoonful of parsley and the beaten yolk of one egg. Remove from the fire, cool, chill and form into small croquettes. Egg and bread crumbs and, by means of a frying basket, cook in deep hot fat to a rich brown. Drain on brown paper before serving.

Veal and Kidney Pie (With Potato Crust)

Cut one pound of stewing veal in small pieces and cook in water to cover, adding a bayleaf, half a sliced onion, one chopped carrot and a small bouquet of sweet herbs. When nearly tender add salt and paprika to taste. Drain from the gravy and place in a baking dish with two veal kidneys cut in pieces and sautéed in hot bacon fat. Cover with a thick brown gravy made from the strained liquor in which the veal was cooked and season with a tablespoonful each of Worcestershire sauce and tomato catsup. Cover with a crust made from half a cupful of creamy mashed potatoes, one cupful of sifted flour, one and a half teaspoonfuls of baking powder, a quarter of a teaspoonful of salt and milk to moisten to a dough. Make several incisions for the steam to escape and bake in a quick oven.

Bartlett Pear Salad (With Cheese Balls)

Peel the pears, chill on the ice and remove the core centers. Fill the cavities with a mixture composed of chopped celery, chopped black walnuts, a bit of minced candied lemon peel and mayonnaise to moisten. Lay each half in a nest of crisp lettuce leaves and garnish with balls made from cream cheese moistened to a paste and blended with minced canned pimentos and bits of canned pineapple.

Nutritive Attractive Foods at Low Prices

BREAKFAST (Cost \$1.55)	BREAKFAST (Cost \$1.70)	BREAKFAST (Cost \$1.80)
Bartlett Pear and Grape Cocktails Baked Ham with Eggs and Potato Brioche Coffee	Honey Dew Melon Cooked Cereal with Cream Broiled Chops Marmalade	Baked Stuffed Apples New England Fish Cakes Popovers Radishes Coffee
LUNCHEON (Cost \$1.79)	LUNCHEON (Cost \$1.85)	LUNCHEON (Cost \$2.00)
Salads a la Newburgh Grande Juice Nectar Alligator Pear Salad Apricot Parfait	Steamed Little Neck Clams Bread Sticks Sliced Cold Fillet Baked Stuffed Tomatoes Chocolate Rice Pudding	Jellied Bouillon Panned Sweetbreads with Peas Creamed Potatoes Cornmeal Bread Sticks Ginger Ale Celery Baked Almond Pudding Peach Sauce
DINNER (Cost \$4.15)	DINNER (Cost \$5.80)	DINNER (Cost \$6.00)
Cream of Tomato Soup Finger Rolls Fillet of Beef with Mushrooms Brussels Sprouts Crispy Potatoes Celery and Grape Salad Apple Meringue Pie Demi-Tasse	Cucumber Cocktails Clear Soup with Noodles Baked Salmon Trout with Cream Gravy Parsley Potato Balls String Beans Molded Tomato Jelly Salad Mexican Ice Cream Coffee Sauce Demi-Tasse	Oysters on the Half Shell Crackers Roast Capon Chestnut Dressing Currant Jelly Glazed Sweet Potatoes Faree of Spinach with Egg Chocolate-Mapple Ice Cream with Marrows Angel Cake Demi-Tasse This dinner, although high in price, would have leftovers for another meal.

BREAKFAST (Cost 75 cents)	BREAKFAST (Cost 65 cents)	BREAKFAST (Cost 80 cents)
Spiced Apple Sauce Broiled Bacon Fried Cornmeal Mash Rolls Coffee	Concord Grapes Salt Codfish Souffle with Pimentos Buttered Toast Coffee	Cantaloupe Top of Bottle Virginia Waffles Cinnamon and Sugar Coffee
LUNCHEON (Cost 85 cents)	LUNCHEON (Cost 90 cents)	LUNCHEON (Cost 95 cents)
Scotch Broth with Barley Whole Wheat Bread Stewed Peas	Lamb and Rice Croquettes (from soup meat) French Bread Baked Custard Apples	Stuffed Eggplant Iced Cocoa Bartlett Pear Salad with Cheese Balls
DINNER (Cost \$1.70)	DINNER (Cost \$1.80)	DINNER (Cost \$1.75)
Cream Tomato Soup (without meat) Panned Hamburg Steak with Onions Mashed Potatoes Spinach Fruit Salad Cheese Crackers	Veal and Kidney Pie with Potato Crust Dinner Rolls Baked Tomatoes Romaine Salad Fruit Whip	Veal Soup Crackers Fried Cod Steak with Tartar Sauce Macaroni with Tomato Kale Frozen Custard with Peach Sauce